AJAPA JAP

SADHNA

Dear Sadhaks,

We are associated for good time now and in this amazing journey of spirituality, we are bound to develop a selfless and deep bond of love and respect for each other as we are co travelers and every one of us is trying to know the unknown. I am deeply touched with love and respect shown by all of you and I am very thankful to supreme consciousness for making me meet people like you. I have met the most humble section of people and my heart fills with joy and ecstasy whenever I communicate with all of you.

I understand that we are with each other so that together we can move towards our ultimate goal with our heads held high. You can call me anything, be it mentor, be it guru, and be it my name. Success of this relationship will only be considered when we are able to experience the divine energy in the course of our sadhna. My humble request will be to practice your sadhna as much as possible and clear your doubts from time to time. I bow before Mahashakti and pray for every one of you for your well being and for your advancement in the path of spirituality.

Regards

Ravi

Myself

I was born in small village of district called Etawah and bought up in Lucknow (Uttar Pradesh).

Though I have told quite a bit about myself in my video on my you tube channel Aayaam India with the title Journey to unknown .However, I think it's a good opportunity to present myself as open book. I will try to include as much as possible about myself in this book. So, I was born on 19th July 1981 in a small village at district named Etawah .My father was sub inspector in the police department and I have seen very few people as honest as my father was. In 2016, both of my parents passed away one after another. My father passed away in the month of April after heart attack and after one month my mother passed away after slipping in the bath room and hitting her head on the tap. My family life was never great . My parents often used to quarrel .However, my father ensured quality education for me, even though he went through great amount of personal suffering because of financial difficulties. As I mentioned that my family was very quarrelsome, once grown up I could never gel up with my parents a lot and family atmosphere often remained tense and irritating. This created a sense of separation in my heart and I often preferred to stay alone. I would like to mention here that I was never a good student and could not come up to expectation of my father in the academic field. In those days I used to think that my father is not a good father and he is rarely well behaved. Sharing honestly my home used to more of police station where lot of abuses and quarrel was going on simultaneously. So that was bit about my family. At present I have my wife Priyanka and my kids, daughter Anshika six years and son Arihant 18 months. This is our family.

Now I will write something about my spiritual journey. When I was approximately 14 years, I experienced something very frightening. I went to sleep and I started experiencing this state of bodilessness as if I was dying or something will come out of me. My whole body was stiff and something was happening to me. It was not pain but it was something which was difficult to understand. I remained in that feeling of fear of death for approximately half an hour. There was no explanation available and I had no idea what it was and why did it happen to me. After sometime I realized that this feeling started to overpower me at least once or twice every month. However, now when I look back, I understand that this was coming to me from past life. It was the result of sakshibhav sadhna I did in my past life. That terror is no more because now I remain immersed in that state almost permanently.

I was initiated in the Ajapa Japa practice on 10th Nov 2002. I was lucky enough to find my master Dr. Ramesh Parmahamsa without much of trouble. Getting initiated from him was the greatest boon in my life. I never thought that I will be showing path to spiritual aspirants on bigger platform. In the initial meeting my master did not entertain my request for initiation. So I had to wait for approximately two long years to get the initiation. It was long period, if I see it from emotional perspective. But finally I managed to get initiation from him and because I had to wait approximately two long years for initiation, this was something very valuable for me and I could not imagine even in my wildest dreams to quit the sadhna after few days or few months of practice, the way sadhaks do nowdays. Sadhna is simply your effort to communicate with divine energy and if your love for divine is true. No one can stop you from experiencing the energy of that bond.

I realized that once you experience the energy in purest form, you cannot resist anything and you cannot favor anything either. The more you experience distance from the body, you will realize that everything is happening on its own accord and there is nil contribution from our end except for the force which is termed as will. When you experience this state of mind then your attraction or your passion towards material dimensions of life will automatically decrease. You will be part of everything around you but you will be an observer, a simple watcher who is experiencing the events around you but at the same time enjoying the music of innermost cords of existence. One and only humble request of mine is to get over with lot of unnecessary questions and focus more towards the practice. More you practice, more is the possibility of entering the ecstatic state and once you touch that energy even to minute level, you will hardly be left with the questions, because experience will itself wipe off everything. All the doubts, all the suspicions, every if and But will be gone. I would say almost everything.

Path of Mystics

We human beings possess the tendency to challenge our own boundaries and we certainly are capable of doing so. We as an individual, as a society, as human beings have always challenged our boundaries and because of this tendency of ours we keep growing as an individual, as a civilization. Probably after fulfilling our desires of food, name and fame, we start looking for something which is more fulfilling, which is, more satisfying then basic and psychological fulfillments and this is what makes us look forward for something which is beyond our understanding. When we start travelling in this unknown path of life then we come across the science which is not normal and is termed as paranormal and which is

beyond psychology also termed as parapsychology. As we are accustomed to certain way of living and our understanding towards life is based on our upbringing and way our society and civilization is progressing, we face enormous difficulties when we walk on the mystical path or the path of unknown.

We come across the experiences which are difficult for mind to understand and are beyond the explanation of logical mind .However, even while walking on this path of unknown our mind plays big time with us. Experiences which are beyond our understanding become the means of satisfying our ego and we start associating the experiences with our self in such a way, that we start thinking that the experiences which are happening to me do not happen with others and this is why I am the special person. There is not even an iota of doubt that we are special. Some wise men said that we are not the soul in the body but we are the body in the soul. However, to realize this we must understand that this realization could not happen with egocentric attitude. One must understand that selfless love towards mankind and devotion to divine knowledge is the key to realize this mysterious nature of life. Once, this requirement is understood in the path of unknown, divine showers you with the UN imaginary blessings and this is when you are able to experience the energy which is beyond the reach of normal human perceptions. So if we wish to know our soul nature and realize ourselves in the purest form of energy then we must follow the laws of this path.

The very first requirement on this mystical path is devotion to your practice. This means, if you are initiated into particular practice then you must practice it to best of your ability. Secondly, there are certain restrains in the path of sadhna like your dinning habits, your behavior and following what is advised by master. However, primary objective or practice should be doing your sadhna with complete devotion. Only then, you can achieve the desired results in the sadhna. There is a way to know if your sadhna is going on the right track. The best thing to observe is to notice, if qualities like love, compassion, kindness, mercy, selflessness are growing more and more into you and emotions and nature like fear, anger, aggression, cunningness, back biting ,bitching about someone, judging someone are subsiding. There are other factors too which make you realize that you are moving in the right direction. One of the very important outcome is that you start looking for the possibilities in everything. Neither you accept anything nor do you reject anything. Everything comes and goes, you do not resist anything, and you simply become a watcher of actions, thoughts and emotions. This is the point where you start gaining your center and you are not perturbed by the outer or inner noise and distractions. Walking on the path of mysteries is difficult if we are very much inclined to certain way of thinking and doing the things. However, it is very easy, if we are ready to trust and we are open to experiments and devotion.

Mahatantrayoga

Seers in the past observed that human beings have the unending desire to transcend themselves or experience themselves beyond the physical capabilities. They also observed that with the type of physiology we are born with and biological forces which we carry are very much capable of helping us to transcend our bodily limitations and push us into energy which is beyond our human limitations and the result of this is the peace and divinity which you see on the face and in the voice of spiritual practitioners. This is the same divine capability and force which makes one rise above ordinary sensory perceptions and dwell into supreme consciousness.

Seers observed that our energy is lying dormant at the base of our spine and if we aim at awakening this energy, we must cause the ripple effect. This could be compared to the calm waters of pond where if stone is thrown in the water, it causes ripple effect and you see the waves emerging from the water. Similarly if you can disturb the dormant energy lying within you, and make it move upwards then there comes a point where you experience the merger of this energy into supreme energy and you experience the divinity and consciousness beyond our physical realms.

So, let's talk about Ajapa Japa sadhna now. This sadhna is outcome of certain observations from the daily life itself. Coming back to the example of pond with calm water or a large water body with calm water. If you throw a stone into the water, you will observe that this creates the ripple effect and formation of waves happen in the water and it keeps on expanding and then comes a point where it stops. Seers observed that in the similar fashion there are waves with different pattern in the brain too. They also noticed that the prana or primordial energy is moving downward from a specific point in the brain called Brahma-randhra and it's moving downward from brain to sex center-at the base of the spine. Rishis also found that this energy is not the sex energy as some people believe; rather sexual energy is just one dimension of this energy. This was also observed that energy which is flowing downward to base of the spine from top of the skull or Bhram- Randhra is a neutral energy and it keeps lying dormant like the stone at the base of the pond. Rishis thought, if this energy could be raised somehow or by some technique, this will definitely be beneficial to mankind. Though there are many ways to lift the stone from the water bed but the energy which is subtle in nature carries the challenges along, which should be dealt with subtle technique too. This thought process led to the discovery of breathing method called Ajapa-Japa.

Seers observed that outer aspect of breathing involves intake of air and breathing the air out. Now, this must be carrying some auto mechanism because it happens naturally because if we observe closely, we will notice that there is a natural attraction and repulsion mechanism embedded into our system. No matter you are interested in taking breathing in and exhaling it out, you will be naturally forced to do so. This attraction and repulsion is what is making us

survive. The day this attraction and repulsion comes to an end the there is no way to survive any longer. The seers observed that there are four sounds which could be heard in your breath.
These sounds are:
While inhaling and exhaling the breath through mouth we observe that we produce the sounds (Aa and Ha).
While inhaling the breath through nose we hear the sounds (Um and Hum).

Seers said that this Ha sound produced while exhaling is our life force which is descending continuously and if by any specific means we can stop this descending prana then we can stop losing our life force. This resulted in discovery of breathing method named as Ajapa japa sadhna .While observing the breathing pattern seers observed that during inhalation as in when we breathe in through nose or mouth ,apart from the air which we take in, there is something subtle which takes place and this subtle activity is moving of an impulse or macro vibration towards brain from lower area of the body and similarly when we exhale or breath out, there is movement of sukshma vibration from brain to lower areas of body which are neck stomach etc. This process goes on and on without any effort on our part. This could also be termed as aakarshan-Vikarshan kriya or attraction or repulsion which is spontaneous in nature. So one complete cycle of moving of vibration downward and then moving upward is termed as attraction repulsion or samkoch vistar in the scriptures.

These sounds which could be noticed as AA, Ha and Um-Hum are not superficial or imaginary; rather this is produced by moving of impulses. As our ears are not big and high range enough to grasp these frequencies in their actual nature .They sound to us like Aa-Ha and Um-Hum. These sounds can only be heard in their original nature if we know the method of changing the ordinary sounds into higher frequency sounds. With good amount of practice a Tantrayogi or Ajapa Japa sadhak is able to take these sounds of low scale to high scale vibrations and hear the original sound of movement of impulses or vibrations. Outwardly it looks like that we are able to survive because we take in oxygen from the atmosphere and because of this we survive. However, if it was so then person would have never died because there is so much of air in the atmosphere but still when person dies this air in the atmosphere is of no help. That means there is something else which is supporting the life. The main activity which makes our survival possible is the attraction and repulsion going on within. The powerhouse responsible for this mechanism of attraction and repulsion is located on the top of skull which is also termed as crown chakra or Shahstrar chakra. A Tantra yoga practitioner is carefully able to observe this spandan and increase the frequency of low scale sound to higher level and identify them separately from the physical aspect of breathing which is inhaling and exhaling of air. So if we believe the seers then this sound of HA is the prana energy which is leaving us with every breath and every outgoing breath thereby is making our life short on this planet. If

we do not tap this descending energy or prana Shakti, it's not possible to live the life in totality or with full potential. The best way to tap this energy is to practice the Ajapa Japa.

Ajapa Japa Practice and its importance

This Sadhna aims at balancing the inner forces. This is a breathing method which combines a specific breathing style and Mantra sound to tap the descending energy. When we practice this sadhna, it leads to deep breathing because of which, more intake of oxygen happens, which in a way is taking in the increased amount of vital energy, at the same time this sadhna also prevents the loss of prana or vital energy which is leaving us during exhalation. This sadhna increases our resistivity towards negativity both physical and psychological. It also helps in speedy spiritual evolution. This sadhna cannot be compared with other breathing methods or pranayama because pranayama aims at improving the physical aspects such as cleaning the body and these exercises can be harmful too if over practiced. However, Ajapa is based on observation of subtle part of breathing which is not known to us and was researched by the sages. Other breathing methods are limited to respiratory control while Ajapa Japa aims at Pranic control and expansion of consciousness.
This practice does not harms in the case of over practice rather it is most beneficial. It's simple method and if practiced with continuity, it ensures the speedy progress of person in the cosmic space. Also, Ajapa Japa is not exactly the meditation; rather it's a complete system in itself and pushes the meditation to highest state. This method can give amazing results if practiced with self-discipline. This method is also known as Mahashakti yoga, this method is simple and infallible. It's a middle path and adopts only one method from the beginning to end.

Shashtras explain that knowledge of Ajapa and its practice makes person go beyond the cycle of life and death and this is the highest form of Japa practice. This method leads to awakening of kundalini and the same is supported by lot of Sanskrit texts. Ajapa japa sadhna is also known as Mahashaktiyoga or Mahatantra yoga. This sadhna is practical absolute and infallible.

In one minute normal person breathes fifteen times
In one day a normal person breathes 21,600 times.

It's said that number of breathes given to person in life time is predefined and if somehow we can reduce the number of breathes per minute then we can increase our life span too. By practicing the Ajapa Style of breathing we can also live a balanced life by conserving our descending prana or life force.

Ajapa Breathing method could be compared to present day rocket propulsion method. Where a relevant amount of thrust or energy is required to push the flying vehicle upward. The same method was applied to move our energy upwards. So when we start breathing the Ajapa way, slowly and steadily the prana which was moving downwards. The direction of which was downwards, now it's direction changes and the prana starts collecting at the base of our spine and it forces kundalini Shakti to move upwards and thereby it leads you to subtle or paranormal experiences.

There are four stages of evolvement in Ajapa Japa meditation.

In the first stage of practice when we start practicing it .The intake of oxygen increases because of continuous thrust caused by hammering of outgoing breath through the mantra practice. We have to make sure that inhalation causes the push In the lower abdomen area.
In the second stage of evolution, the thrust causes hammering in the medulla, which is at the back of your head and this leads to more subtle changes and you start experiencing the movement of energy in the spine.
In the third stage one starts experiencing the things beyond the five senses realm and one starts transcending himself or herself. Here you can change the laws of karma by your energy. You are no more slave to law of karmas and can even alter the situations in the life. Here you can experiment what is called as turn of situations according to the desire. Whatever changes you want to bring in life will happen very naturally and they are everlasting.
Last stage is the absolute merger stage with cosmos and this might vary for everyone. It could take couple of months to couple of years or even life time depending on the intensity of practice and off course other factors also play the role in absolute merger with divine. After this there is nothing left to be known.

Ajapa japa: In order to understand this method we must be sensible enough to observe the outer aspect of breathing. In outer aspect of breathing we simply take in some air and release some air. In Ajapa breath method thrust is caused to outgoing breath by practicing this method and this results in more intake of air or we can say that we tend to take more amount of oxygen. In today's world, we are in the habit of taking in short breath which hardly reaches our lungs. Because of this shallow breathing and less amount of oxygen intake we fall to different physical and psychological difficulties .However, when we breathe Ajapa way, our

breath becomes deep and rhythmic. Our oxygen intake increases but this will only happen when inhalation gives jerky feeling in the lower abdominal area. This breathing starts giving a sort of movement feeling from base of the spine to the neck and in case there is increased amount of oxygen, this method automatically adjusts it by throwing it out through exhalation. Lot of air is stuck in the different parts of our body due to improper breathing habits and wrong dinning habits too. So initially Ajapa japa cleanses the body to make it ready for psychological journey.

After healing your physical aspects, Ajapa japa sadhna starts working on the psychological aspects. After a certain amount of practice and cleansing on the physical plane the reaction takes place in the medulla or the Centre which is responsible for controlling our breathing process. The constant practice starts acting as a barrier in the path of free flowing descending prana in the form of HA sound. So this repeated practice causes certain nerve impulses to retrace their path and stop descending. These impulses are trapped now and because of this impulses are slowed down. This ensures the clarity of mind, increased consciousness and alertness. With regular practice there comes a point when low frequency impulses change their frequency rate and hence frequency of electromagnetic impulses can be regulated. The change which happens by practicing the Ajapa Japa in the frequency of electromagnetic impulses causes the sub-conscious and unconscious part of brain to appear on the conscious surface. Everything which was suppressed, be it fear, be it feelings of pain, sorrow desires etc. starts manifesting itself in the dreams. So by this process, mind starts getting healed. Slowly and steadily person starts becoming clear and positive in life. Person starts noticing the change for better in the mind related troubles of life because of balanced approach gained by the disciplined practice. However buck does not stops here. The aim of this method is to know the source of life.

Once you cross the psychological aspect of this method and you are ready for the spiritual journey. This method ensures further progress, but in this stage it becomes complicated and delicate. Here you are no more the tool of genetic code and you can start experiencing the change of situations as per your desire. This stage is also known as paranormal stage. Here you start dealing with the things which are subtle and beyond the limitations of five senses or sensory perception. In this stage one starts transcending beyond five senses. Here it is science of changing the frequency of vibration to such an extent that frequency varies in electromagnetic vibrations range.

Finally you enter into state which is considered to be highest possible state this is the point which you call Nirvana or liberation.

My sadhna experiences

I guess everyone will be more interested in my sadhna experiences. So I will share my sadhna experiences. After I started practicing the Ajapa japa sadhna, I went through lot of experiences.

One day when I went to my friend's house. His family was Gayathri parivars follower. They had cow and she recently had delivered. When she was gazing nearby, the calf was lost and now this cow was almost crying for her baby. When, I went there, my friend's mother said to me Ravi bhaiya why don't you tell something by the power of your sadhna. She wanted to know about the calf. I was a new sadhak then. I closed my eyes and told her that you will get the calf soon. A tall lady whose house is located on the raised platform is with the calf. After this we together went for the search of calf and within half an hour we found the calf. Surprising part was that the lady who had a calf was tall and here house was actually located on a raised platform. My friend's mother was bit surprised to see this.

I often used to visit Shmashan to sit and sometimes meditate too. I found peace there and I used to notice the behavior of people coming with the dead bodies of their loved ones. Those days I was interested in outer aspects of tantric sadhna. So one day I performed some specific kriya with ashes of recently burnt dead body and I brought those ashes in my personal room. But then in the night when I woke up, my heart almost sank with fear; someone was lying next to me in the midnight. I could not shout, I could not do anything. With no other option left for the safety I closed my eyes and started chanting my mantra and praying my Guruji to save me from some ill fate. Within five minutes that presence was no more and I was relieved, but that was very terrifying experience.

I often enjoyed practicing meditation in the night because that was the time when I could meditate quietly and without any disturbance. But then I realized that whenever I sat for mediation, I would start hearing the voice as if there were some people at my door. Initially I was afraid but then I got accustomed to it. There had been occasions when I heard my parents calling me in the midnight when I was sitting in meditation, but later when I confirmed after finishing my meditation then there was nothing as such and when I cross checked with my parents, they denied calling me. One day I was sitting in meditation with switched off light and suddenly the bulb lit up. I could not believe it but then I was not able to meditate further.

Whenever there used to be any specific occasion like birthday of any spiritual master. I used to get the vision of that master on that specific day. No matter I was sitting in the mediation or not. Image used to float before my eyes. The first experience of Samadhi was in dream but

semiconscious state. I don't say that it was exactly the Samadhi, but I understood in that state that what Samadhi could be or must be, I would say that it was a glimpse shown to me. I dreamt that I have gone to visit vaishnav Devi cave; there I met Vivekananda and Ramakrishna. After having their darshan I sat there for meditation and I entered into state where I was conscious of myself but there were no thoughts nothing and it was complete blankness. This remained for somewhere around 10 minutes. When I woke up, I was very satisfied and feeling very fulfilled. This experience triggered my passion more into sadhna and I started practicing sadhna intensely.

One day after meditation when I slept and I was not even half asleep. Suddenly I saw a bright light n heard a loud laughter in my room. I cannot explain how fearful it was to be witness of this experience, out of fear I closed my eyes and started praying to guruji. But then I suddenly gained some inner strength and I tried to contact mentally with whosoever it was, I said that don't make me afraid, if you wish to say anything then please let me know and show yourself physically. However, nothing happened. Neither that light was there nor was that laughter sound there anymore.

When I came to Delhi, I went for my first job. I was called in the night shift. We were told to introduce ourselves. We were 12 people in the training room I guess. Somehow I was the last one to introduce myself. So I shared that I have been meditating for some time and that is the best thing I like to do as a hobby. So the Supervisor asked me. Can you tell me something about this place? I said yes. He asked me again, how much time do you need? I said five minutes. I closed my eyes and asked him, she is lady right? a tall beautiful lady. He said yes how you know that. I also told few more things about the place and he was very surprised. Later I came to know that some people in that office experienced something paranormal and one of them had even seen that lady.

One day I was in my office and out of blew I said to girl, you are going to cry a lot today, even I did not know, why I said that but after may be an hour that girl received a phone call and she kept on crying and crying for good amount of time .Similarly, I was sitting next to one of my fellow worker. I explained him the way his house looked like and also asked him, if there is a small boy who comes to play at his home and he nodded his head in yes.

I remember very well that when I joined the second company in Delhi. Because of common spiritual interest, I became close to a person named Vivek. One day during conversation, he told me that he used to practice Saakshi bhava meditation. He also shared with me the address of specific ashram which was near to the place I was staying. So one fine day I went to the Ashram and met the head of that specific branch. Actually it was Nirankari ashram. The administrator of that branch was a humble person. He was about to initiate me into sakshi bahava dhyan. I will not deny the fact that those days I was very sceptic about other sadhna

methods and in a way I was arrogant of my own sadhna. When he was initiating me and trying to explain the method of practice, I interrupted him and I told him that I have seen something in the vision just now and I want to share that with you. He acknowledged my request and said go ahead. I told him that your guru will leave you guys midway; I see him dead and see a massive gathering around him. I said that you guys should get prepared to take the further responsibility. He did not say anything and simply smiled. After few years I heard about the sudden demise of Baba Hardev singh and then I remembered that incident of past.

When I was in Delhi, I met a cab driver who often used to pick and drop me. During conversation he told me about his paranormal experiences. He said that I am looking forward for some relief as I still experience the paranormal. I used to be in the arrogance of sadhna those days, so I said to him, don't worry, I will take care of it. Next day I had my weekly off and I was in the deep sleep, when suddenly I felt that something was dragging me out of the bed, immediately I realized that something is wrong. When I opened my eyes, I realized that I was dragged half out of the bed. I immediately meditated to understand the incident and then I realized that power which was giving paranormal experiences to the driver was the one which was responsible for this incident. When I went to office after my off, I came to know that the driver had left the job.

During the course of sadhna I used to see myself as saffron cladded sadhu wandering in different temples and as a Buddhist monk performing penance. I wanted to know more about this so I contacted past life regression therapist. During the course of this session I vividly realized that actually I was Hindu monk in one of my past life and Buddhist monk in some remote monastery in Tibet in one of my past life. I specifically saw the places where I had been in the past and also some of the people who were associated to me in my past lives and are associated to me in this life as well. I also had vision of some other lives too where I was a teacher with two brothers and a sister and also a life time where I was killed in Hindu Muslim riots at a young age of 22 or 23. My wife from that life is my wife in current life too. So no matter how much we come across difficulties and no matter we go through quarrels, we always have the longing for each other.

One day when I was leaving my office. I felt something is wrong with me and I realized that I was unable to feel my body except for the part which was touching the ground. As it was fresh experience, I felt may be there is something else to it. But then over a period of time I realized that day by day my body is becoming light and lighter like feather and I am completely losing my body consciousness. Apart from this I also started experiencing drunk like state which became so powerful that my friends working with me used to ask. Are you drunk or high on something? I started feeling this energy at deeper level. My body became so light that I literally used to feel no body at all. Whenever I used to visit any local market. My wife used to get busy with shopping and I used to stand with daughter in my lap, sometimes more than an

hour, neither I used to feel my own weight, nor I used to feel my daughter's weight. While I was going through these experiences, one day I went to my home town, my father came to pick me up. Out of some confusion I de boarded the train one station prior to where I was supposed to get down. With good amount of luggage I decided to walk to station where my father was waiting for me, I did not called him to inform that I have de boarded the train one station prior. I remember that even with good amount of luggage with me, I felt no weight of luggage or me myself. I felt as if I was almost floating in the air and someone was simply pushing me forward and at the same time this powerful energy was hanging me in the air mid-way. So I was not feeling like walking but as if I was floating in the air.

Not to miss, I went through lot and lots of unusual dreams and sometimes my dreams went to the level of being nightmares. Also, I went through lot of other experiences like, seeing the bright light at third eye, feeling pain on certain parts of head or other body parts, I also felt shortening of breath lot of times and there were lot of moments when I did not feel like breathing. This feeling was as if I am ok without breathing for good duration three to five minutes. Feeling movement of energy at the back of spine and extreme lightness in the spine. Then I started feeling very pleasant sensation below my cheeks, at my third eye and at the top of my skull. I used to feel as if breath is entering through my third eye and passing out through crown chakra. This feeling used to be very pleasant and remains till date.

A week before my father's death, I had a dream that my father has passed away and he is wearing his uniform. I woke up from the dream with tears in eyes and told my wife about the dream. Lot of us believe that if we see someone's death in the dream, it means that person is supposed to get longer life and that is what my wife said. But just after a week my dream turned to be true. My father had severe Heart attack and father passed away a day after the Heart attack. Wearing the uniform indicated that my father was still in service when he passed away.

One day when I was back home .Suddenly, an image of cow floated before my eyes. I found no relevance of this image and I left my home for some work. When I returned, I found there was a cow at my home it looked exactly the way I had seen in the vision. My mother told me that this cow was standing in front of our gate for long and when my mother fed her with chapattis, she came inside and was not ready to leave. This cow remained at our home till evening and finally her owner came to us in the evening and then she left.

During course of my practice, I had numerous experiences. I started feeling expansion of my consciousness. I was also able to connect to some higher souls and normal souls by my will and sometimes randomly. Many a times it happened that with the people I shared deep bond. I would think of them and somehow or the other that person will contact me or meet me by end

of the day. Lot of dreams turned out to be true and lot of things which I sensed in advance turned to be true.

During course of my practice I realized that the energy which used to overpower me was random and I had no control over it. It used to overpower me any time, sometimes just after when I had my food, sometimes when I was talking to anyone, sometimes when I used to talk about spiritual subjects and sometimes when I used to hear bells in the temple during aarti and lot of other occasions. I did not have the mantra siddhi yet. I was experiencing the uncontrolled energy which was overpowering me any time anywhere. But then, I started getting control over it. Though the energy was very intense fulfilling and overpowering, but now I could control that energy and I started entering into state of savikalp Samadhi as per my wish and I used to remain immersed in ocean of bliss for hours and hours. Now let me specify you that in Ajapa Japa sadhna, even in Savikalp Samadhi the breath retention does not happens and you remain immersed in deep energy experience and feeling of complete bodilessness and expansion prevails permanently. You will feel complete duality with the body and you will very vividly experience that you and your body are different. I was amazed to notice that body was operating on it's on without any effort on my part. I feel no association with the body for most of the time barring when I am in the normal body consciousness. But now as I have become mantra siddha, I simply had to recite my mantra for hardly five to ten minutes or may be ten to twenty times and I immediately enter into Savikalp Samadhi. As soon as I recite the mantra for specific time, energy immediately overpowers me and starts operating through me. How it feels like and what happens, when this energy overpowers you is very difficult to explain. It's matter of experience and only experience is capable of revealing the actual picture.

Suggestion to sadhaks

You will come across various experiences in this sadhna and you don't have to panic at all or correlate this sadhna to any preexisting knowledge. I would request you not to add anything from your end or not to subtract anything from your end. Those who have longing for the experiences will sooner or later definitely experience it in some form or the other. Your main focus should be on the breathing style explained to you. Practice this method at least for 90 minutes every day. If possible, do it as much as possible while walking, while working or whenever you are not talking to anyone. Simply make it a part of your daily life. Success in this practice depends completely on your efforts or in other words the amount japa you do. It works on different levels.

Outer aspect of breathing i.e. when you breath this way you start taking more amount of oxygen as a result of practice.
It starts obstructing the outgoing prana and as a result this prana starts getting collected at the base of the spine.
Mantra which you chant makes your inner energies focused in one specific direction.
Silent space which you get while chanting of mantra and switching from one mantra to other gives you strong sense of separation from the body and you become the mere witness of actions and activities around.

This method is simple to practice and is certainly absolute and powerful to make you experience the divinity within you.

Questions

Who can practice this mantra?
Ans. Anyone who is healthy enough to practice the mantra can be initiated into this mantra.
Seers did not focused on the question of supatra or kupatra during their research on Mysteries of life and death. They simply wanted everyone to evolve and they delivered it for everyone without any differentiation. Don't forget that there are always certain laws which operate in the nature and no one could escape these governing. If someone misuses the Shakti then one had to pay the price in some form or the other. So what someone else is doing must not be the matter of our worry. When powerful king like Ravna could not escape his fate after misusing the powers then no one else in the world can escape it.

Is celibacy necessary? Is it ok to have non veg or alcohol?
Ans. Here I would say, no it's not like that. What seers observed is that the pranic energy is flowing from crown chakra towards lower regions of the body and this energy remains lying dormant or inert. This energy is not the sex energy. So to awaken the energy, biological forces have nothing to do. One can simply continue the normal life style yet awaken the energy by practicing this method. Secondly, if we talk about alcohol and non veg, first recommendation would be no, but if because of personal reasons you have to do it then keep it to moderate levels. I can assure you that if you keep the level moderate, nothing can stop your spiritual evolution.

Can you do it anytime anywhere?
Ans. Yes you can practice it without bothering about anything. Provided your mantra Recitation is not audible in the public place. Everything is dependent on your chanting. Nothing else to be kept in mind.

Is this sadhna capable of awakening Kundalini Shakti?
Ans. Yes this Sadhna works on the rocket propulsion method. When you start breathing the Ajapa way. Energy starts accumulating at the base of the spine and when relevant amount of energy is accumulated at the base of the spine, it starts causing upward thrust to the Kundalini Shakti and this further helps in the process of kundalini awakening.
How much time I should devote to my practice?
Ans. 90 minutes is the minimum time you should devote to your sadhna, which will include your time spent on chanting while performing your all other tasks including your profession and your household work. If you can practice more, the results are certain.

How much time it takes to become Mantra siddha?
Ans. Well, the time frame cannot be specified for the siddhi. However, if you practice it with devotion and give the maximum possible time to japa and meditation, duration will certainly be less and you will start experiencing the ecstatic states.
Can material desires be fulfilled by this sadhna?
Ans. The desires, which you wish you to fulfill, you can simply chant your mantra regularly on that specific desire. You should keep the desire in your mind and chant mantra from time to time. It will clear off the hurdles. Our sadhna path changes the situations very naturally and changes are permanent without any further losses to you.

Glory of Initiation Mantra

Great Master Purnananda explains the glory of Initiation mantra or mool mantra. He said what more can I say about initiation mantra? The initiation mantra is that, by being known, leaves nothing more to know; which being known, removes all doubts concerning the method of practice; which is realized and experienced, theoretically and practically, to be the truth, that alone is the initiation mantra. Attraction and repulsion go on ceaselessly in your body, and as result of that activity, your ego sense prevails. In the presence of activity it is impossible to attain the motionless state; and in an unstable and fluctuating state, it is impossible to realize even an idea of the element of self. With your present intelligence you can see that if you are running, or angry, this ego-exciting activity is greatly intensified, and you feel restless and unsteady. At that time you cannot make proper decisions on any subject. In a little while this ego-producing activity gets milder, and you gain stability and increase your power of comprehension. In a mild state of activity when the repulsion is quietened, the power of comprehension is keener. But comprehension is complete only when repulsion stops completely. Then knowledge is complete and free from illusion. Therefore, the atma tatwa can

be perfectly known only in the state of inactivity, free from repulsion. Therefore the right and genuine method for attainment must be that which by itself and in natural way makes the repulsion activity mild, which concentrates and completes the power of comprehension and makes a man fit to know the atma-tattwa. This method is the initiation Mantra. It is a technique by which repulsion activity naturally reduces itself and grows mild. The initiation mantra is not any imaginary name or collection of names in particular language, rather under the influence of this outstanding power, imagination disappears.

Those who understand that death is inevitable and there is no certainty to as when it will come. Those who contemplate this , become indifferent to family relations and worldly relations and objects and are intent on finding out where they will go after death and what will happen to them. For such people Mool Mantra is like the Gandiv dhanush in the hands of Arjuna and guru is like the Lord Krishna driving his chariot.

Ajapa japa sadhna is best sadhna as per the current lifestyle and needs. This directly comes from the remote Ashram of Tibet named as Siddhashram. There is a big statue of Maharishi Angira kept in one of the cave. Mystics living in the Ashram believe that it's a living statue and it's actually maharishi Angira himself sitting in the deep meditative state. After, every eight or ten years. Sound of Omkar is heard from the statue and then sadhus living there come to know that master is in awakened state now and they queue up to prostrate before him. Maharishi Angira is one of the rishis of saptrishi tradition. He is the Diksha guru of this ashram and Mahavtar babaji is shiksha guru of this ashram. The bridges which connect this ashram with outer world are operated by solar energy. There are lots of mysteries surrounding this ashram. The Ajapa sadhna which we are spreading was received by my great Guruji Punanada Paramahansa and was further helped in the practice by Mahavtar babaji. Purnanandji taught this sadhna to Bhumananda, then Bhumananda initiated Janardan Paramahansa and further this was taught to my master Dr. Ramesh Paramahansa. Purnanda learnt this sadhna at siddhashram and remained there for five years remaining absorbed in Samadhi from couple of hours to couple of days. This sadhna is very simple yet very powerful and carries the capability to change one's life for better and transcend the person beyond the physical capabilities and empowers enough to dwell into supreme consciousness. Mahavtar babaji is a powerful ascetic who is supposed to be more than 2000 years and he achieved the state of immortality by practicing intense meditation. He is the custodian of siddha tradition and from time to time he appears before powerful practitioners to guide them in the path of sadhna and to help them to propagate different practices. He is divine being and advance spiritual practitioners have claimed meeting him and tried to define him as per their own understanding.

Existence of the sadhna practices today is because of the mystical beings in the remote corners of world and if people are able to realize their maximum potential, it's simply because of these infinite beings out there. They operate

at subtle level and do everything possible to provide spiritual options to the people. These beings are our guide, they are our angels they are the protectors of the divine sciences and only because of them we are able to get so many options to choose the desired spiritual paths. They do everything out of love and compassion. This is the energy on which the cosmic energy operates and this is also termed as God energy. These beings operate at the same energy and do everything possible for spiritual engagement of beings in this cosmos. Their benevolence is the only reason to help people. The best thing we could do to mark our respect towards them is to do maximum possible practice of the sadhna we are practicing and show our gratitude. Words are incapable to express the gratitude. But love towards God and devotion towards sadhna is the only way.

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Sarva Shree Mahamahim Mahatantrayogi Prof. Dr. Ramesh Paramahamsa (Tantra Scientist)

Dr. Ramesh Paramahamsa was a philosopher and spiritual leader of many dimensions. He was the founder of "Institute of Psychic and spiritual research". He authored several books like

"I met a Himalayan guru", "Life is breath", "A Spontaneous way to sexful bliss", "Breath is Life","Shabd Brahma" etc. He remained in proximity to respectable gurus like Janardan Paramahansa, Pt. Gopinath Kaviraj, Swami Lakshman Joo and many others. He had knowledge and proficiency in practical aspects of Yoga-Tantra, breathing technique (Ajapa-Japa), rituals and meditation sitting at the feet of several Gurus in the lap of Himalayas for more than two decades. He obtained also this ancient wisdom form the great yogi Maharishi Matang and Sri Purnanda in Samadhij Pragya(Deep awakened meditative conscious state). In this process he attained super natural powers- Alokik shaktis.

He had a brilliant academic career and was awarded Ph.D. on philosophy of "Shabd Brahman and it's applicability in life". His name is mentioned in the famous book by Peter Brent "Godmen of India" published in U.K. in 1970 by Penguin publishers.

He had keen interest in imparting the ancient knowledge to deserving ones. He delivered many lectures in India and abroad. He organized the World Confrence on Scientific Yoga in 1970. In the same year, he was invited by academy of Sciences ,Prague,Czeckoslovakia. He delivered lectures in famous universities of Germany and USA. He was invited by the French Centre in Canada. He spent fifteen months in USA and through lectures he inspired the American people for learning this knowledge.

He had total devotion in the Ancient wisdom and Tantra Sadhna.

***Final Words**:*

I have realized in the course of sadhna that we tend to get influenced by external world so much that we get more involved in the knowledge, rather than experience. However if we can focus ourselves more towards practice, instead of getting deviated by trying to grab more and more of knowledge available in the web world, then we are certainly going to experience, what we wish to. So, once again, my request to practitioners will be to practice your method as much as possible. God Bless.

THANK YOU